<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>WAKEUP YOGA 60 minutes HWAC Studio</td>
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<td>7:30 AM</td>
<td>YIN YOGA 60 minutes HWAC Studio</td>
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<tr>
<td>10:00 AM</td>
<td>POWER LUNCH 40 12:10-12:50 HWAC Studio</td>
<td>STEP 60 minutes HWAC Studio</td>
<td>POWER LUNCH 60 minutes HWAC Studio</td>
<td>INTERVAL BURN 60 minutes HWAC Studio</td>
<td>CYCLE FUSION 50 minutes HWAC Studio</td>
<td>YOGA BASICS 60 minutes HWAC Studio</td>
<td>YOGA FLOW 60 minutes HWAC Studio</td>
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<td>12:00 PM</td>
<td>POWER LUNCH 60 12:10-12:50 HWAC Studio</td>
<td>STEP 60 minutes HWAC Studio</td>
<td>POWER LUNCH 60 minutes HWAC Studio</td>
<td>INTERVAL BURN 60 minutes HWAC Studio</td>
<td>CYCLE FUSION 50 minutes HWAC Studio</td>
<td>YOGA BASICS 60 minutes HWAC Studio</td>
<td>YOGA FLOW 60 minutes HWAC Studio</td>
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<td>1:00 PM</td>
<td>STRONG FLOW 60 minutes HWAC Studio</td>
<td>YOGA 60 minutes HWAC Studio</td>
<td>U-JAM 60 minutes HWAC Studio</td>
<td>YOGA 60 minutes HWAC Studio</td>
<td>YOGA 60 minutes HWAC Studio</td>
<td>INTRO CLIMBING 60 minutes Climbing Wall</td>
<td>INTRO CLIMBING 60 minutes Climbing Wall</td>
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<tr>
<td>4:30 PM</td>
<td>LEAN LEGS &amp; ABS 60 minutes HWAC Studio</td>
<td>YOGA 60 minutes HWAC Studio</td>
<td>U-JAM 60 minutes HWAC Studio</td>
<td>POWER HOUR 60 minutes HWAC Studio</td>
<td>POWER HOUR 60 minutes HWAC Studio</td>
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<td>5:30 PM</td>
<td>YOGA 60 minutes HWAC Studio</td>
<td>ZUMBA 60 minutes HWAC Studio</td>
<td>ZUMBA 60 minutes HWAC Studio</td>
<td>POWER HOUR 60 minutes HWAC Studio</td>
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<td>6:30 PM</td>
<td>HIGH FITNESS 60 minutes HWAC Studio</td>
<td>HIP HOP 60 minutes HWAC Studio</td>
<td>HIP HOP 60 minutes HWAC Studio</td>
<td>CYCLE FUSION 60 minutes HWAC Studio</td>
<td>CYCLE FUSION 60 minutes HWAC Studio</td>
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<td>7:30 PM</td>
<td>CYCLE 60 minutes HWAC Studio</td>
<td>ZUMBA 60 minutes HWAC Studio</td>
<td>YIN YOGA 60 minutes HWAC Studio</td>
<td>CYCLE FUSION 60 minutes HWAC Studio</td>
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<td>8:00 PM</td>
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www.westminstercollege.edu/groupexercise
Cycle Fusion: 40 minutes of indoor cycling & 20 minutes of resistance training and stretching—the perfect combination for people who like to have it all.

Cycle: A 60 minute indoor cycling class that pairs upbeat music to an energetic cardiovascular workout.

Heels: Important! This class is held in PAYNE Studio. Please ask for directions if you are unsure where to go. This class is a high energy, action packed dance class done in high heels! Heels will incorporate genres of pop, jazz, grooves and hip hop! This class can be done with or without heels and men and women are invited to participate! Class will start at a beginner level and progress weekly. This is not just a class to learn and become comfortable with dancing in heels but also becoming more comfortable with your sexy side.

HIGH Fitness: HIGH is a highly addictive fitness experience that combines HIIT & plyometrics with music you know and love. This results in a high energy, INTENSE and crazy fun workout that leaves participants feeling HIGH and wanting more.

Hip Hop: Come learn choreography and new moves! This class is for everyone, no experience required. You will learn and dance to old school and new school so come ready to learn and have some fun!

Interval Burn: This circuit–training–style class keeps the heart rate at a healthy and high level for a well-rounded, full-body workout.

Intro to Climbing: Don’t fear the climbing wall! During this hour, our professional staff will guide you through all the basics of climbing so you will soon be on your way to enjoying this fun sport.

Lean Legs and Abs: Build strong arms, legs, and abs in this full-body, strength training class.

Power Hour: A cardio based total body conditioning class guaranteed to push you to new training heights. This class is easy to learn and fun to participate in.

Power Lunch 40/60: A 40 minute or 60 minute version of Power Hour. You will get a full-body workout and some much needed stretching in this class.

Step: We’re taking it back to the basics with this classic cardio class. You are sure to get a good workout while having a great time.

Strong Flow: This yoga class integrates strength, flexibility and concentration through a series of postures linked together through breath and movement.

U-JAM: Dance Cardio fitness with a higher purpose. The next generation of cardio classes is here. World of Dance U-JAM combines the excitement of the popular TV show with the energy of cardio training.

Wake up Yoga: Start the day with sun salutations and the rest of the day you will feel energized and focused. You will receive personalized attention in this complete practice. Beginners welcome.

Yin Yoga: Yin yoga works deeply with longer held poses. It targets connective tissue, ligaments, joints, and the deep fascia networks of the body. Energetically, Yin yoga improves energy flow, enhancing the flow of chi in the organs.

Yoga: Breathe vitality, energy, and a new perspective into your life. Yoga combines physical postures, mental meditation, and breathing techniques to strengthen the muscles, relieve stress, and provide the foundation for a healthy way of life.

Yoga Basics: This is perfect for anyone who would like to begin a yoga practice or move deeper into their existing yoga practice. Learn about the 8 limbs of yoga; including postures, breathing, meditation & chanting.

Yoga Flow: A sequence of yoga poses linked together and paired with breath to create a flowing practice.

Zumba: We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Things to Know

Group Exercise Classes are FREE for all members of the Dolores Doré Eccles Health, Wellness, and Athletic Center!

• Sign ups are not required. Simply show up!

• All our classes are suitable for beginners! That’s what group classes are for-learning!

• Towels may be checked out at the reception desk.

• The group exercise class schedule and class offerings are subject to change. Be sure to check our website (westminstercollege.edu/groupexercise) for schedule updates.

• It is helpful to have a water bottle in class but not necessary.

• Wear comfortable clothing that promotes easy movement. CLOSED-TOE, NON-MARKING SHOES ARE REQUIRED, with the exception of Yoga and Pilates classes.

Indoor Cycling

• Please arrive at least 10 minutes early to your first indoor cycling class so the instructor can fit you a bike.

• Indoor cycling classes are limited to 19 participants.

Personal Training is Available. Inquire at the Reception Desk.